A MINUTE OF HEALTH WITH CDC

Keep Your Ears Dry

Estimated Burden of Acute Otitis Externa — United States, 2003–2007 Recorded: May 17, 2011; posted: June 2, 2011

This program is presented by the Centers for Disease Control and Prevention. CDC — safer, healthier people.

As the weather warms and we head to the pools and beaches, swimmer's ear can be a problem easily prevented with a few simple precautions. Swimmer's ear, or acute otitis externa, is a bacterial infection usually caused by water staying in the outer ear canal for a long time. Symptoms include pain, redness, and swelling of the outer ear canal and occasionally drainage from the ear. The infection can be prevented by using a bathing cap or ear plugs while swimming, as well as drying ears thoroughly after swimming. If you have any symptoms of swimmer's ear, contact your health care provider.

Thank you for joining us on A Minute of Health with CDC.

For the most accurate health information, visit www.cdc.gov or call 1-800-CDC-INFO, 24/7.